

FAST ACQUISITION SKILLS TRAINING (FAST)

STUDENT QUESTIONNAIRE: CRITIQUE AND REVIEW

BASIC BROADCASTER COURSE

NAME (Optional) _____ SERVICE _____ RANK/GRADE _____

CLASS NO. _____ DATE _____

CHECK ONLY ONE QUESTION ANSWER.

1. Did your classmates improve in their BBC performance as a result of using the FAST tapes?

a. ☐ Yes
b. ☐ No
c. ☐ Don't know

Comment: _____

2. Were your FAST classmates better able to express themselves after using a particular tape? Indicate the tape.

a. <input type="checkbox"/> FAST-Ten	e. <input type="checkbox"/> Concentration
b. <input type="checkbox"/> Sound Sleep	f. <input type="checkbox"/> Peak Performance
c. <input type="checkbox"/> Attention	g. <input type="checkbox"/> "On-the-Air"
d. <input type="checkbox"/> FAST Nap	

Comment: _____

3. Did you discuss your reactions to the tapes with your classmates?

a. ☐ Yes
b. ☐ No

Comment: _____

4. Were you able to advise another student or offer help after using the tapes?

a. ☐ Yes
b. ☐ No
c. ☐ Don't know

Comment: _____

5. What experience did FAST students report MOST often?

- a. ☐ Deeper sleep
- b. ☐ Better concentration
- c. ☐ Greater sense of relaxation
- d. ☐ Improved performance in BBC
- e. ☐ Greater satisfaction in personal life
- f. ☐ Other, specify: _____

6. Which type of BBC performance was specifically demonstrated by the better FAST students?

- a. ☐ Had more energy
- b. ☐ Never complained
- c. ☐ Helped other students
- d. ☐ Did extra assignments
- e. ☐ Raised the grade average too high
- f. ☐ Studied less than other students
- g. ☐ Other, Specify: _____

7. Which type of BBC performance was specifically demonstrated by the less successful FAST students?

- a. ☐ Complained a great deal
- b. ☐ Tolerated added grade tension
- c. ☐ Worked harder
- d. ☐ Developed some other skill(s)
- e. ☐ Discussed low grades realistically
- f. ☐ Requested "makeup" assignments
- g. ☐ Other, specify: _____

8. Did your FAST tape practice and experience influence your future plans?

- a. ☐ Yes
- b. ☐ No

Comment: _____

9. Would you use a FAST tape, or tapes, after completing the BBC?

- a. ☐ Yes
- b. ☐ No
- c. ☐ Don't know

Which tape, or tapes, would you select? _____

10. Which attitude or attitudes helps determine if a student will enjoy or appreciate FAST tape experiences?

- | | |
|--|---|
| a. <input type="checkbox"/> Likes the unusual | f. <input type="checkbox"/> Likes to compete |
| b. <input type="checkbox"/> Enjoys hard work | g. <input type="checkbox"/> Enjoys friendships |
| c. <input type="checkbox"/> Likes to dream/imagine | h. <input type="checkbox"/> Feels troubled |
| e. <input type="checkbox"/> Enjoys self analysis | i. <input type="checkbox"/> Other, specify: _____ |

11. Have any of your memories been changed by the tape exercises?

- a. ☐ Yes
b. ☐ No

Comment: _____

12. Have any new abilities or skills been revealed by the tape exercises?

- a. ☐ Yes
b. ☐ No

Comment: _____

13. Were any of your class friends changed by using the tapes?

- a. ☐ Yes
b. ☐ No

Comment: _____

14. Do you believe tapes like the FAST system could be designed to assist in other training programs?

- a. ☐ Yes
b. ☐ No

Comment: (Please suggest a training subject/topic) _____

15. Can self control and personal motivation be improved after practicing with the FAST tapes?

- a. ☐ Yes
b. ☐ No
c. ☐ Don't know

Comment: _____

16. Could you sense or feel an improvement in coping with emotionally upsetting situations after using the tape exercises?

- a. ☐ Yes
b. ☐ No
c. ☐ Don't know

Comment: _____
